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See back for details.

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Ecuador: a new retirement destination for Canadians

WHY?

"Because we can!" responds William Burgel, who recently purchased one of the 1700 home sites from the Canadian company HolaEcuador. "With prices like that we can finally afford a property in the south."

"Prices start at \$17,000 for a lot and \$69,000 for a nice little beach house. For \$120,000 you can own a luxurious home that would easily cost \$300,000 or more in Canada."

"It's an ecological Canadian project, with all the amenities included. Electrical, water and sewage, internet, on-site security, pools, parks, tennis courts, and more – they really thought of everything," he adds, visibly proud of his acquisition.



One of the beautiful homes being built by HolaEcuador

But perhaps most attractive for property owners: the ocean! The project is situated on one of the 3 most beautiful beaches of Ecuador, directly in front of the 'Mini Galapagos' island in the Machalilla National Park.

The owners benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean – and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location," says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.

ECUADOR?

"Ecuador has long been a well-kept secret, but tourism in the country is growing rapidly. It's the Costa Rica of 15 years ago," affirms Mr. Poole.

Ecuador has more than just beautiful beaches – it's perhaps the most bio-diverse country in the world! Within reach of a day trip are the Amazon rain forests and the incredible Andes mountain chain. And of course, the world famous Galapagos Islands.

All of this to offer, and with incredible infrastructure to boot. Gorgeous new highways (without potholes!), high-end, accessible healthcare, a secure and safe environment and an extremely low cost of living. In fact, Ecuador has the **lowest cost of living in all of the Americas!** A taxi in town costs only \$1 and a daily lunch special in a seaside restaurant is rarely over \$3.



From June through October 12,000 humpback whales come to play in the warm and safe waters directly in front of HolaEcuador's beachfront development.

HOW TO BECOME A PROPERTY OWNER?

"It's very simple," says Mr. Rochefort. "I saw an advertisement for an informational session in Metro News, I reserved a spot and I attended. The developers themselves were present and gave us all the information we needed. After the session, I requested a follow-up meeting with one of the HolaEcuador sales representatives at their office in Hull and a few weeks later I was the proud owner of my piece of paradise! In a couple of years I'll be building my dream home with HolaEcuador."

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CONSIDERED I'M OK'**
CALGARY TEACHER JAILED IN
INDONESIA TALKS TO METRO IN
EXCLUSIVE INTERVIEW
PAGE 3

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Downtown power expected to be out until Thursday

If all goes to plan. Enmax boss says outage could be longer, but midday on Oct. 16 is the target

ROBSON FLETCHER
robson.fletcher@metronews.ca

Electricity should be restored by midday Thursday for thousands of people and businesses in a swath of downtown Calgary that was affected by an underground electrical fire over the weekend, according to the city-owned power utility.

"This is if all goes according to plan," Enmax CEO Gianna Manes said Monday morning. "There is still the possibility that it could take a bit more time."

The time frame is "based

on damage that we have been able to identify," Manes added, which includes 3-1/2 kilometres of burned cable that has been ripped out and needs to be replaced.

Mayor Naheed Nenshi said the temporary information and relief centre for area residents at the Mewata Armoury saw 361 people register in the initial day of operations.

Most came to take advantage of services such as device charging, care for pets, and hotel vouchers.

"We helped out 270 people with overnight accommodation," the mayor said, noting these are "folks with no other option."

The armoury will be closed overnight but will reopen at 10 a.m. Tuesday.

Road closures should be lifted by Tuesday, the mayor said, and other than some lane reductions, the morning

commute should be "essentially normal."

The Calgary Courts Centre will remain closed Tuesday, Wednesday and Thursday and Canada Post service has been suspended in the affected area until power is restored.

With his office in the McDougall Centre affected by the power outage, Premier Jim Prentice said he'll be working out of Calgary City Hall for part of this week.

In general, however, Municipal Affairs Minister Diana McQueen said, "we do not expect major disruptions to the daily operations of any government departments."

It's unclear whether damage from the fire will be eligible for funding under Alberta's Disaster Recovery Program, but Prentice didn't rule that out and said, "the mayor and I will have that discussion."



An Enmax worker prepares a large spool of cable to replace underground lines damaged in a fire over the weekend that left 18 square blocks of downtown Calgary without electricity. About 3-1/2 kilometres of cabling was damaged, torn out, and needs replacing, according to Enmax, which expects power to be restored by mid-day Thursday. For more on the outage, see page 6. ROBSON FLETCHER/METRO

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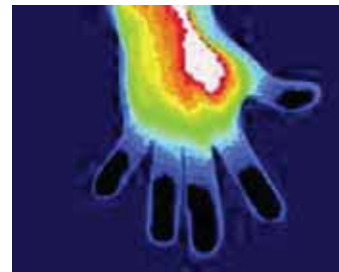
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

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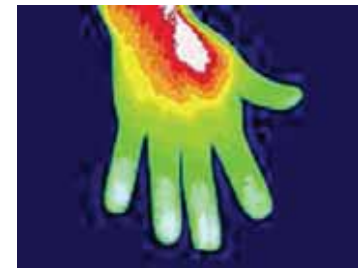
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Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom." "We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S., of New York.

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Jailed teacher hopeful 'nightmare' ends soon

Exclusive interview.
Metro speaks with
former Calgary teacher
from Indonesian cell



**JEREMY
NOLAIS**
jeremy.nola@metronews.ca

He's been locked away for more than three months, sharing a tiny cell with up to eight men at a time.

By day, he reads, draws, meditates and practises his Bahasa, the official language of Indonesia. The food provided is of poor quality, the bath and toilet aren't private and the security measures are seemingly inadequate.

But still, Neil Bantleman remains confident that his name will be cleared and he will be free to return home to his wife Tracy.

"All things considered I'm OK," he said during a Metro message interview arranged with the former Calgary private school teacher from his cell in the Indonesian capital of Jakarta. "(I'm) being hopeful, staying positive and praying that this nightmare will end soon."

"(The) worst part is being away from Tracy and having your freedom taken away," he added. "I miss my colleagues and the students and the sense of being part of the school community."

Bantleman and a fellow teacher from the Jakarta International School, Ferdinand Tijong, were arrested July 14

amid allegations of sexual abuse involving kindergarten-aged students.

The pair have been detained since but claim no evidence has been presented to justify police suspicions. Outside the jail, hundreds have rallied around the pair, holding candlelight vigils and writing letters to Canadian Foreign Affairs calling for action to secure their release.

Indonesian law allows a suspect to be held for 120 days without a criminal file being taken on by a prosecutor — over the weekend Bantleman's time behind bars eclipsed the 90-day mark. But in his messages Bantleman gave no indication that he was bitter, stating he simply wanted to be set free.

"I am humbled and deeply appreciative of all the support I have received," said Bantleman, who previously taught for a decade at Calgary's Webber Academy.

"The community of support is overwhelming ... a loving family, friends from far and wide and complete strangers who have offered their support and prayer continues to give me the strength to carry on."

Canadian Foreign Affairs Minister John Baird did address Bantleman's case during an August visit with Indonesian officials, but members of his staff have expressed caution against interfering in the nation's criminal proceedings. Bantleman said he's confident representatives from his home-country are working at the "highest levels" to secure his release.

"I really want the truth to come out and for our names to be cleared," he said.



Neil Bantleman, left, his wife Tracy, along with Ferdinand Tijong and wife Sisca are seen during a visit last week to the jail where the two men have been held since July. COURTESY TRACY BANTLEMAN

Parallels with McMartin case?

The Wall Street Journal reported last month that leaked police reports contain allegations of secret underground rooms at the school and that Bantleman used his powers to conjure a "magic stone" to sedate the boys prior to them being sexually abused.

- The allegations have only added new fuel to fears that the allegations stem from child "hysteria" that

swirled after six outsourced cleaners working at JIS were charged with raping a young boy in a bathroom in March.

- Much like his wife and JIS headmaster have in past interviews, Bantleman likened his case to the 1980s McMartin preschool trial in California in which one parent's allegations of abuse prompted mass hysteria,

with claims that hundreds of kids attending the preschool had been victimized and subjected to satanic rituals.

- Police laid charges against staff at the school, including founder Virginia McMartin, and criminal trials spanned for six years. Eventually, all counts were dropped and details widespread police and prosecutorial misconduct emerged.

1
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Tuition-hike details vary school to school

Education. Student rep says market modifiers artificially inflate costs



JEREMY NOLAÏS
jeremy.nolaïs@metronews.ca

At least nine Alberta post-secondary schools plan to submit proposals to the province to boost tuition, but details being provided about the hikes vary by the institution, a Metro analysis has found.

Officials with the Alberta College of Art and Design, Athabasca, Bow Valley College, Lethbridge College, Mount Royal University, Olds College, the University of Alberta and the University of Calgary have all indicated they will meet a market-modifier submission deadline set by the province for Wednesday. The University of Lethbridge is also planning two proposals but will submit them a few days late, should they be approved by the institution's board of governors.

Some schools are keeping details about the proposals close to their chest. Lethbridge College spokeswoman Megan Catalano said administrators shared details of the modifier hikes being sought with students during an organized forum, but they won't publicize them until after the submission to government has been sent.

"What I can tell you is that we did have a thorough consultative process with our students' association regarding the matter," she said in an email.

Other schools, including ACAD and Northern Lakes



It appears that the largest proposed market modifier will be in the U of A's law program, where students could face a 58 per cent hike phased in over three years. METRO FILE

College, said they were considering modifier proposals, but had no details on the amounts that would be sought. SAIT Polytechnic has yet to indicate whether it will even apply for the hikes and five institutions didn't respond to Metro inquiries at all.

Beverly Eastham, executive director of the Council of Alberta University Students, deemed the lack of transparency concerning and she didn't buy claims from some administrators that more time was needed to draft their proposals.

David Docherty, president at Mount Royal University, said last week in an interview the reason his students didn't find out about the hikes being sought in nursing, science and business administration sooner

simply came down to a matter of timing.

"If you're asking me would we prefer the province had given us more notice and we had had more time to work the numbers, then my answer would be absolutely yes," he said.

But Eastham said the modifiers should be sought only in instances of severe underfunding.

"It shouldn't require such a long deadline to come up with big plans for their programs in the future," she said. "It should be about what is really necessary right now."

The province has said the modifiers aim to correct for scenarios where an institution in the province is charging less than the fees of comparable

schools elsewhere.

But Eastham said she fears a "leapfrog effect," where one school is approved for a hike and then a similar institution attempts to get the green light for a similar amount.

WITH FILES FROM LEAH HOLOIDAY

More online

Metro sent a list of questions to every post-secondary institution in the province, asking whether market-modifier proposals were being planned, what amounts were being sought and for a justification for the hikes. For the full results, visit metronews.ca.



Reaction. Students say they're being left in dark on tuition pitches

Student groups at numerous Alberta post-secondary institutions say they've been largely shut out of talks as administrators put the finishing touches on pitches to the province for program-specific tuition hikes.

Universities, colleges and polytechnics alike have until Wednesday to enter submissions for market-modifier tuition hikes for up to three programs. It's the first time since 2010 that such increases have been on the table, and the province says they aim to correct "anomalies" where a school is charging lower tuition for a program than comparable institutions across the country.

But provincial officials, including new Advanced Education Minister Donald Scott, had said part of the requirement for a tuition submission was to consult members of the school community.

Still, student leaders with the University of Calgary, Mount Royal University and SAIT have all expressed concerns to Metro in recent days about details — or lack thereof — provided in relation to the potential increases as well as whether their feedback was actually having any impact.

SAIT administrators, specifically, have yet to specify whether they're even considering the increases, which circumvent the legislated tuition increase at the rate of inflation, despite repeated questioning from Metro in recent weeks.

"I'm not entirely sure if

there's any movement on that or not," said Jared Stock, president of the polytechnic's students' association, when asked whether his institution was after a market-modifier hike. "Obviously, we'd like to see it put out to all of our membership and have a good debate about it to ensure the students' questions are answered."

Similar complaints are being voiced elsewhere.

Sean Glydon, president of the University of Lethbridge Students' Union, said his group learned of the proposals for hikes at his school just four business days prior to Wednesday's submission deadline.

He said the apparent unwillingness of officials to consult his group and others about the proposals should be grounds to have them tossed.

Kevin Donnan, a spokes-

man for the Advanced Education Ministry, reaffirmed that consultation was a requirement for administrators before proposing a market-modifier hike, but said what those talks entail were largely being left to individual institutions.

Even still, he said student feedback would be considered in all cases and that decisions on the increases, which could add hundreds of dollars to annual tuition bills, weren't being taken lightly.

"It's kind of like Thanksgiving — everybody has a seat at the table," Donnan said.

JEREMY NOLAÏS/METRO

  
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'We could not survive without ... volunteers'

3,500 served. From first-timers to the premier, volunteers make Thanksgiving at the Drop-In Centre happen



ROBSON FLETCHER
robson.fletcher@metronews.ca

Thousands of Thanksgiving meals were served up at Cal-

gary's largest homeless shelter Monday with the help of volunteers such as Jim Prentice and Danielle Leith.

The former, of course, is the premier of Alberta, who helped serve meals along with his wife and niece. The latter is a first-time volunteer, who came with her mom Kim Schmidt.

"I come here with work sometimes, with Suncor, just off and on, and then Danielle and I wanted to come down

and volunteer today," Schmidt explained.

All told, the Drop-In Centre has seen 11,000 different people volunteer in the past year, according to executive director Debbie Newman.

"We could not survive without the support of volunteers in Calgary," she said.

Sunday's meal, dubbed the Alfred Balm Thanksgiving Day Dinner in honour of a regular benefactor, saw an estimated 3,500 meals served — break-

fast, lunch and dinner.

Balm has been funding Thanksgiving Day dinners at the Drop-In since 2009.

"He felt that it was a day that should be celebrated by many people, especially those that are homeless," Newman said. "So it started a tradition."

While Leith and Schmidt cut onions in the kitchen, Prentice helped serve up roast turkey and the traditional fixings to hundreds of people during the evening meal.



Danielle Leith, front, Harold Bursey, and Kim Schmidt chop onions in the kitchen at the Calgary Drop-In and Rehab Centre while hundreds gather in the main hall for a Thanksgiving dinner. ROBSON FLETCHER/METRO

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Hunter airlifted to Calgary hospital after being mauled by bear, shot by partner near Fernie

A hunter was rushed to hospital in Calgary by helicopter Sunday after being mauled by a grizzly bear near Fernie, B.C. and shot by his hunting partner in an apparent attempt to subdue the animal.

The bear attacked the male hunter around 9 a.m. Sunday, according to the B.C. Ministry of Environment.

"During the attack, the victim's hunting partner shot at the bear, killing the bear," the

ministry said in an email by spokesperson David Karn.

The injured man was transported to hospital in Calgary by STARS air ambulance and was in stable condition when he left the area, according to the ministry. STARS spokesman David Fairbanks said the 56-year-old man suffered not only injuries from the bear attack, but also a gunshot wound from his hunting partner's firearm.

The grizzly was the only

Defensive response

- The incident comes just over a month after Rick Cross, a 54-year-old Calgary man, was killed by a grizzly while hunting in Kananaskis Country.
- The bear in that incident was not destroyed after conservation officers and Alberta Parks determined it was a surprise encounter and a defensive response from the animal.

bear believed to be involved in the attack and the second

hunter wasn't injured, said the ministry. **ROBSON FLETCHER/METRO**

Fire chief. Cause of blue flames from downtown manhole uncovered

Downtown residents who watched in the immediate aftermath of the underground explosions that knocked out electricity Saturday night reported seeing blue flames shooting out from one manhole, in particular.

Why blue?

Fire chief Ken Uzeloc said Monday it's a result of "lots

of plastics" around electrical cables being consumed in the blaze.

"The coatings around wires, the conduits, different things ... as you get chemicals in there, you're going to get different colours of the flame, based on what the byproducts are that are coming off there," Uzeloc explained. **ROBSON FLETCHER/METRO**



Noelle Drake and Jason O'Donoghue stand in line outside the information centre for displaced downtown residents at Calgary's Mewata Armoury on Monday. ROBSON FLETCHER/METRO

New arrivals 'eternally grateful' for fire support

Outage. Calgary has done an 'amazing job' aiding residents after darkness descends



ROBSON FLETCHER

robson.fletcher@metronews.ca

Most of the thousands of people displaced by the underground fire that knocked out power to 18 square blocks of downtown Calgary have found temporary shelter with family or friends — but for many, that's not possible.

Noelle Drake and Jason O'Donoghue, for example, arrived in Canada from Ireland just two months ago on a working-holiday visa.

With no close friends or family in the city, they were unsure what to do or where to go when their area suddenly went dark on Saturday night.

"It was really weird," Drake said. "When you looked out the apartment window, it was just sheer darkness. You couldn't see anything."

The pair spent the first night in their powerless apartment, following Twitter on their mobile phones for updates.

By Sunday, their devices had run out of batteries and they made their way to the Mewata Armoury for charging and help.

The city put them up in a hotel for the night. About 268 others who had nowhere else to go on short notice were "dispersed out into the community" at hotels and other sites, said Mayor Naheed Nenshi.

The city's agreement with the federal government doesn't allow people to sleep overnight at the armoury, Nenshi said, adding that city officials are asking displaced residents to "provide solutions on their own" before

Spark

The cause of the fire remains under investigation.

- Enmax CEO Gianna Manes said this section of underground utility lines did not get flooded in June 2013 but added "we aren't ruling anything out" as to potential causes.

but so far the response has been limited.

Metro reached seven people offering support through the #yychelps discussion on Twitter on Monday afternoon, and none had received any responses yet.

Drake said the city has done an "amazing job" supporting residents.

"Everything's been so organized, and they've been so helpful and kind, especially when we're not even from the city itself," she said. "We're eternally grateful for the help that they've given to us."

Facing another 72 hours without power in their own apartment, O'Donoghue was philosophical about what he described as more of "a nuisance" than a crisis.

"To be honest, back in Ireland, we've gone without power for weeks in winter storms," he said. "So it's not something that we're not used to."

putting them up.

"We want to make sure that the accommodation we're providing is really for the folks who have no other option," the mayor said. "And we're absolutely there for those folks and we'll continue to be there for those folks until they can return."

Numerous Calgarians and some just outside the city have offered to open up their homes to displaced residents,

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Settlements

UN chief critical of Israeli housing plan

UN Secretary-General Ban Ki-moon chastised Israeli Prime Minister Benjamin Netanyahu on Monday over the issue of Jewish settlements and challenged him to show leadership and make compromises for peace.

The uncharacteristically harsh language by Ban came during a visit to Jerusalem

where the UN chief called Israel's latest construction move a "clear violation of international law."

Ban was referring to an announcement made two weeks ago by Jerusalem to approve the building of 2,500 homes in the region of Givat Hamatos. The construction would complete a housing stretch in east Jerusalem, presenting another obstacle to Palestinians' goal of establishing a capital in the area.

THE ASSOCIATED PRESS

Rebuilding

Co-operation key to Gaza reconstruction

Pledges of \$2.7 billion for reconstructing the Gaza Strip may seem impressive, but huge challenges lie ahead as the Palestinian government had asked for more and its prime minister questioned Monday whether all of the money would actually arrive.

Rebuilding the thousands of homes, shops and factories

destroyed in the Israel-Hamas war this summer will require co-operation between long-time adversaries and an intricate monitoring system, both of which would be fragile.

Israel would be expected to lift its border restrictions on Gaza to allow building materials to be transported into the Hamas-controlled region, while Hamas would allow a western-backed Palestinian unity government to operate in the region.

THE ASSOCIATED PRESS



North Korean leader Kim Jong Un, seen in this July 2013 photo, reappeared on Tuesday after not being seen in public for five weeks. THE ASSOCIATED PRESS

Kim Jong Un shows up after disappearing for five weeks

It's official. North Korea's state news agency makes no mention of the leader's health, detailing only his comments

Reasons for absence?

Kim Jong Un has been reported variously to be suffering from gout, from diabetes, from a brain hemorrhage, from a heart ailment, from a leg injury that required surgery from a French doctor, from mental illness or, according to a head-turning British report, from a cheese addiction.

North Korean Leader Kim Jong Un made his first public appearance in five weeks on Tuesday, the official news agency reported, ending a prolonged absence that fuelled speculation about his health and control over the country.

Korean Central News Agency said Kim "gave field guidance" on Tuesday at the newly built Wisong Scientists Residential District. The agency said earlier in the day, Kim "visited the newly built Natural Energy Institute of the State Academy of Sciences."

Kim had last been seen in

the state media five weeks ago at a Sept. 3 concert, and missed several high-profile events that he normally attends. An official documentary released last month made a single reference to Kim's "discomfort" and showed video footage from August of him overweight and limping.

Many analysts believe that while Kim may have some health issues, he's probably not in serious trouble.

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Canadian Ebola vaccine tests have begun in healthy people

VSV-EBOV vaccine.

Twenty vials have been sent to a U.S. military lab in Maryland for testing on about 40 healthy volunteers

Human testing of an experimental Canadian-made Ebola vaccine began Monday, with federal officials saying the drug could be shipped to West Africa within months if it proves successful.

Health Minister Rona Ambrose said the launch of the vaccine's first clinical trial marks a promising step in the global campaign to contain the virus, which the World Health Organization says has killed more than 4,000 people.

Twenty vials of the vaccine have been sent to the Walter Reed Army Institute of Research in Maryland for testing on about 40 healthy volunteers,



Protect Environmental Services Inc. workers move disposal barrels to a staging area Monday outside the apartment of a U.S. health-care worker in Dallas who became the second person in the U.S. to test positive for the Ebola virus after treating Ebola patient Thomas Eric Duncan. Duncan is now dead. BRANDON WADE/THE ASSOCIATED PRESS

she said.

The Phase 1 trial will determine if the vaccine created by Public Health Agency of Canada, known as VSV-EBOV, is safe for human use. It will also determine the proper dosage

level and test for possible side effects, Ambrose said.

Studies have shown the vaccine works in primates both to prevent infection when given before exposure and to increase survival chances when given

quickly after exposure.

Canada's chief public health officer said results from the human trial are expected by December, and if successful, the next stage would be to test it in a larger human sample, in-

Ebola scare in Ontario

Health officials in Ottawa and Belleville, Ont., announced Monday that two patients were placed in isolation as a precaution because they showed Ebola-like symptoms.

- Ottawa Public Health said the patient in Ottawa Hospital has tested negative for the virus.
- Results for the patient in Belleville are not available. Officials say the patient was in Sierra Leone recently, but consider it unlikely the symptoms will turn out to be Ebola.

cluding those directly handling Ebola cases in West Africa.

A small U.S. company called NewLink Genetics holds the licence for the vaccine and will be arranging the trials at the U.S. military lab. **THE CANADIAN PRESS**

Ebola's economic effects

Education a 'good defence strategy,' WHO says

The World Health Organization called the Ebola outbreak "the most severe, acute health emergency seen in modern times" on Monday, but also said that economic disruptions can be curbed if people are adequately informed to prevent irrational moves to dodge infection.

WHO Director-General Margaret Chan said 90 per cent of economic costs of any outbreak "come from irrational and disorganized efforts of the public to avoid infection."

Chan said that adequately educating the public was a "good defence strategy" and would allow governments to prevent economic disruptions. Health officials should also continue to focus on other health threats, including non-communicable diseases, she said. **THE ASSOCIATED PRESS**

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Birth control pill linked to fish sterility

Study. Researcher says 'feminizing' problem can be reversed with better waste-water treatment in Canada

The lead researcher of a new study is calling for improvements to some of Canada's waste-water treatment facilities after finding that introducing the birth control pill in waterways created a chain reaction in a lake ecosystem that nearly wiped out a freshwater fish.

The study published Monday found that introducing small amounts of estrogen into a lake led to the near extinction of the fathead minnow because it interfered with the fish's ability to reproduce.

Lead researcher Karen Kidd of the University of New Brunswick said the study has been ongoing since the late 1990s.

Researchers in the United Kingdom discovered that male fish began to develop eggs when estrogen was

introduced in their habitat.

Kidd said their study set out to build on that research to determine whether the estrogen would affect the fathead minnow's ability to reproduce and whether there were larger effects on the lake's ecosystem.

"Right away, the male fish started to respond to the estrogen exposure by producing egg yolk proteins and, shortly after that, they started to develop eggs," she said in an interview from Saint John, N.B. "They were being feminized."

Kidd said shortly after introducing the estrogen, the numbers of fathead minnow crashed, reducing numbers to one per cent of the population.

"It was really unexpected that they would react so quickly and so dramatically," she said. "The crash in the population was very evident and very dramatic and very rapid and related directly to the estrogen addition."

"It's a problem that we can certainly resolve with better waste-water treatment," Kidd added.

THE CANADIAN PRESS



A researcher is calling for improvements to some of Canada's waste-water treatment facilities after finding that introducing the birth control pill in waterways nearly wiped out a freshwater fish. ISTOCK



School opens in Haiti to honour Mountie who died in 2010

Carpenter Mario Celestin, centre, shows students a machine in the carpentry room during the opening of the Sgt. Mark Gallagher Memorial Vocational School on the outskirts of Port-au-Prince, Haiti, on Monday. Sgt. Mark Gallagher, a well-known spokesman for the RCMP in the Maritimes, was killed almost five years ago in the devastating 2010 earthquake while he was on an educational mission in the Caribbean country. DIEU NALIO CHERY/THE CANADIAN PRESS

Animal rights group calls for changes after uncovering pigs' 'journey to hell'

An animal rights group is urging the federal government to update regulations on animal transport after releasing a video that alleges abuse at a hog facility in Red Deer, Alta.

Mercy for Animals sent an undercover investigator to the Western Hog Exchange facility for 10 weeks from May to August of this year.

The investigator captured video of the pigs being kicked and struck with what appears to be a club, but Mercy for Animals' executive director

Krista Osborne said the video is "merely a glimpse" of the abuse and cruelty animals are subjected to during transportation.

"These animals are truly on a journey to hell," she said during a news conference on Monday, adding that current Canadian regulations allow for animals to be trucked thousands of kilometres for up to 52 hours without food, rest or water. "Their journey is filled with fear, pain and distress."

The video also shows pigs stuffed in overcrowded corals and several injured animals limping around.

Osborne said that every year, more than eight million animals arrive at slaughterhouses dead, injured or too sick to be fit for human consumption. She said pigs sometimes arrive at their destination frozen to the truck.

"They suffer agonizing deaths from dehydration, starvation, suffocation and severe injuries due to over-

crowding," Osborne said.

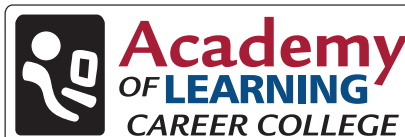
Alberta's Society for the Prevention of Cruelty to Animals is looking into the allegations and the facility has also launched an independent investigation.

Mercy for Animals is calling for stricter limits on transportation times, better conditions for animals in transit and clearer definitions of what it means for an animal to be unfit for transport.

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Idaho. Man dressed as zombie killed by bus at corn maze paintball event

A bus carrying paintball players struck and killed a Washington state man inside a zombie attraction at a corn maze in northern Idaho, authorities said Saturday.

Jeremy T. McSpadden Jr., 18, of Spokane Valley, Washington, was a role player in the Zombie Slayer Paintball Bus attraction at the Incredible Corn Maze in Hauser on Friday night, the Kootenai County Sheriff's Office said. Dressed as a zombie, he emerged from his hiding place and ran toward the modified school bus, but he tripped and fell in front of the rear passenger-side tires, witnesses reported.

He was run over and apparently killed instantly. Because of the uneven terrain of the corn maze, the bus frequently rocks, and the occupants did not immediately notice what had happened, investigators said.

"It was not until the bus had travelled away from the victim's location and the role players began to reset for the next bus to come along that anyone realized something was wrong," the sheriff's office said in a news release.

The attraction is new this season, according to the corn maze's website. For \$15, customers ride the bus, which has paintball guns mounted outside the windows, and shoot at the zombies as the vehicle drives through the corn maze.

The bus was going forward, and neither speed nor alcohol was a factor, Sgt. Ward Crawford said.

"The focus of the attraction is the bus creeps forward so the customers have plenty of opportunity to blast away at the zombies," Crawford said. "This looks like it was just a horrific confluence of events."

THE ASSOCIATED PRESS

Police shootings

Nearly 20 arrested during Missouri rally

Nearly 20 people were arrested Monday during a large rally in Missouri where protesters have been unrelenting since an unarmed 18-year-old black man was fatally shot by a police officer.

Clergy members led several hundred people on a march, using a bullhorn to read the names of people killed by police across the U.S., marking the third straight day of recent protests in the St. Louis suburb where Michael Brown was fatally shot Aug. 9 by a white police officer.

Tensions escalated last week when a white police officer in St. Louis shot and killed 18-year-old Vonderrit Myers Jr., who police say shot at police before he was killed.

THE ASSOCIATED PRESS

Psychologist calls Pistorius 'a broken man'

Judge ponders sentence. Hearing to last several days

Oscar Pistorius is a "broken man" after killing girlfriend Reeva Steenkamp and has already suffered emotionally and financially, a psychologist called by the Olympic runner's lawyers testified Monday ahead of his sentencing.

Dr. Lore Hartzenberg gave the testimony ahead of Pistorius' sentencing for culpable homicide, and it was almost immediately characterized by the chief prosecutor as lacking balance. Prosecutor Gerrie Nel also expressed shock after a defence witness suggested Pistorius be sentenced to occasional house arrest and community service for shooting dead his girlfriend.

After Hartzenberg described how Pistorius had suffered since the Valentine's Day killing last year, Nel noted that the double-amputee athlete likely still has the chance to rebuild his life and possibly continue his career, whereas Reeva Steenkamp is dead and her family is devastated.

"We are now dealing with a broken man, but he is still alive," the prosecutor said. He asked the psychologist what she knew about Steenkamp.

"Do you know anything about her dreams, what she wanted to do in life?" Nel said.

Judge Thokozile Masipa was hearing evidence on the



Oscar Pistorius, foreground, in court Monday, Oct. 13.
MARCO LONGARI/THE ASSOCIATED PRESS

first day of Pistorius' sentencing hearing, which is expected to last several days. After listening to testimony from witnesses called by both the defence and prosecution, Masipa will decide on Pistorius' sentence.

It can range from a sus-

pended jail sentence and a fine to as many as 15 years in prison. Masipa last month found Pistorius, 27, guilty of culpable homicide but not guilty of both premeditated murder and murder in his killing of Steenkamp at his home.

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Get ready to speak up, folks: Voiceprints go mainstream

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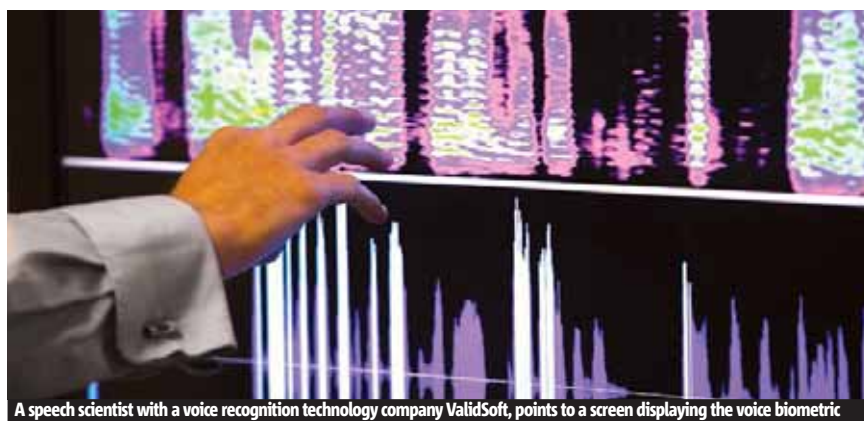
The technology is set to become the 'de facto standard' by 2017

Over the telephone, in jail and online, a new digital bounty is being harvested: the human voice.

Businesses and governments around the world increasingly are turning to voice biometrics, or voiceprints, to pay pensions, collect taxes, track criminals and replace passwords.

"We sometimes call it the invisible biometric," said Mike Goldgof, an executive at Madrid-based AGNITIO, one of about 10 leading companies in the field.

Those companies have helped enter more than 65 million voiceprints into corporate and government databases, according to Associated



A speech scientist with a voice recognition technology company ValidSoft, points to a screen displaying the voice biometric features of a telephone call during a demonstration at the company's office in central London in September. THE ASSOCIATED PRESS

Press interviews with dozens of industry representatives and records requests in the United States, Europe and elsewhere.

"There's a misconception that the technology we have today is only in the domain of the intelligence services, or

the domain of Star Trek," said Paul Burmester, of London-based ValidSoft, a voice biometric vendor. "The technology is here today, well-proven and commonly available."

And in high demand. Dan Miller, an analyst with Opus Research in San Fran-

cisco, estimates that the industry's revenue will roughly double from just under \$400 million US last year to between \$730 million and \$900 million next year.

Barclays PLC recently experimented with voiceprinting as an identification

for its wealthiest clients. It was so successful that Barclays is rolling it out to the rest of its 12 million retail banking customers.

"The general feeling is that voice biometrics will be the de facto standard in the next two or three years," said Iain Hanlon, a Barclays executive.

Vendors say the timbre of a person's voice is unique in a way similar to the loops and whorls at the tips of someone's fingers.

Their technology measures the characteristics of a person's speech as air is expelled from the lungs, across the vocal folds of the larynx, up the pharynx, over the tongue, and out through the lips, nose, and teeth. Typical speaker recognition software compares those characteristics with data held on a server. If two voiceprints are similar enough, the system declares them a match.

THE ASSOCIATED PRESS

In Canada and beyond

TD Bank is now using voiceprints

Canada's TD Bank Group, the National Australia Bank Ltd. and the Bank of New Zealand are among the businesses allowing customers to sign into their accounts or skip call centre security questions by supplying a voiceprint.

California-based VoiceVault gives consumers the option of attaching "vocal signatures" to documents by speaking into the receiver following a telephone prompt.

Israeli company FST Biometrics is using voice biometrics to secure everything from apartment complexes to airports.

Georgia-based AnyTrax uses the technology to monitor low-risk offenders on parole. The automated calls to an offender's home landline prompts the person being monitored to repeat a random set of numbers into the phone.

THE ASSOCIATED PRESS

Liquor ad laws

A whisky fair by any other name will taste as sweet?

It's a whisky trade fair. But it can't say it is.

Authorities in Finland have ordered the Beer and Whisky Expo Finland 2014 to change its name, arguing it violates Finland's law against advertising liquor.

Organizers say next week's event will now be called simply a beer expo, since advertising mild alcoholic beverages such as beer and wine, is allowed.

Chief organizer Mikki Nyman said Monday the decision "smacks of typical patronizing attitudes" of bureaucrats.

THE ASSOCIATED PRESS

Beijing

\$3.3B, 300-acre Universal theme park set for China

China has approved the development of a \$3.3 billion US Universal theme park in Beijing that would be the first major foreign-owned theme park in the Chinese capital.

The U.S. company Comcast NBCUniversal and a consortium of four Chinese state-owned companies announced the plan Monday, saying the park will be developed on about 300 acres in eastern Beijing.

They said the Beijing park will include attractions from other Universal parks, as well as new ones reflecting China's cultural heritage. THE ASSOCIATED PRESS

Skewering Yelp's business model

First the chefs of a small Italian restaurant got mad at online review site Yelp. Instead of trying to get better reviews, they decided to take a different approach: Get terrible ones.

The campaign helped Botto Bistro get a rating of one out of five stars, as more than 1,000 reviewers left hundreds of tongue-in-cheek reviews panning the Richmond, Calif., eatery, said chef Michele Massimo, adding that it boosted business.

It was the latest protest among businesses who for years have complained that Yelp was extorting them by raising or dropping ratings depending on whether they advertised with the Internet's most popular review site.

Yelp has persistently denied those claims on its website, in

court and at every opportunity when the question is put publicly to the company.

"It wouldn't pass the straight face test," Yelp spokesman Vince Sullitto said of the extortion claims.

Sullitto said Yelp attracts millions of viewers and sells advertising to 80,000 businesses because of the site's credibility with consumers. Sullitto said many of the company's critics are businesses that have received bad reviews.

Last month, the 9th U.S. Circuit Court of Appeals tossed out a lawsuit filed by several businesses claiming Yelp extorted them by removing positive reviews after advertising sales pitches were turned down.

The court is one rung below the U.S. Supreme Court and



Chef Michele Massimo prepares a salad in the kitchen of his restaurant Botto Bistro Wednesday. BEN MARGOT/THE ASSOCIATED PRESS

the ruling could have been a definitive one for Yelp.

Instead, it served to fuel the company's critics because the court said that, even if Yelp did manipulate reviews to penalize businesses, the practice would not constitute extortion.

The court said it found no evidence of manipulation and that it was ruling narrowly only on the question of extortion. Nonetheless, the company's critics said the ruling supported their claims.

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NEW RICH KID 'REALITY' SHOW IS ANYTHING BUT

First came the Real Housewives; now come the wealthy daughters.

Television audiences seem to have an insatiable appetite when it comes to voyeuristic faux-reality shows about the lifestyles of the rich and desperate-to-be-famous. In Vancouver, local television producer Kevin Li is set to launch a new web-based reality series focused on the city's affluent Chinese-Canadian population. The name says it all, really: Ultra Rich Asian Girls of Vancouver.

This "reality" show (which certainly requires the use of air quotes around the word reality) claims to offer a glimpse into the excessive lives of some of the city's wealthiest residents. The YouTube promo features two minutes of beautiful young women preening themselves and gossiping to the camera about important issues such as plastic surgery and the unforgivable faux pas of bringing the wrong designer handbag to a front-



SHE SAYS
Jessica Napier
metronews.ca

row seat at a fashion show. The actual plot of the show is still a bit of a mystery, but rumour has it the stars will "compete in various shopping and lounging activities." I hate every part of this concept, but will likely watch out of morbid curiosity. The series is produced by HBIC.tv, which is an acronym that I'll assume refers to the Internet-famous phrase Hot Bitch In Charge. What these women are actually "in charge" of remains to be seen. Surely not their own bank accounts, which are likely controlled by their affluent parents.

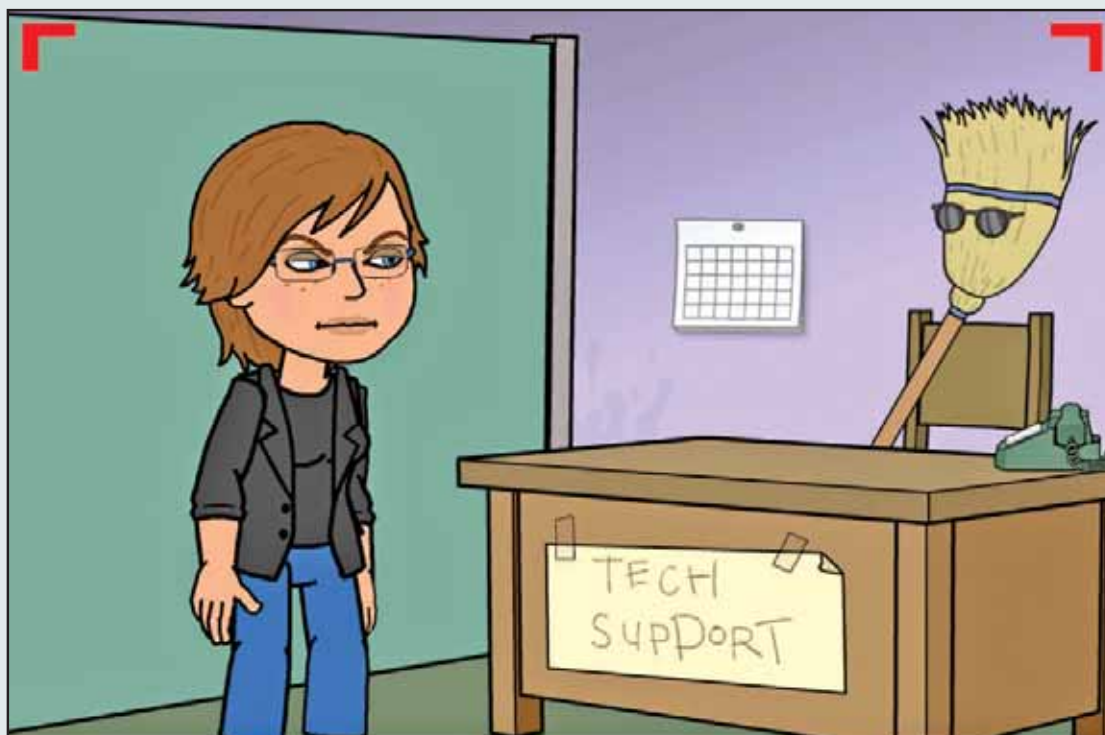
And large numbers of ultra-rich immigrants moving to Vancouver could actually be a very interesting cultural phenomenon to focus the lens on, but you'd never know it from this show.

For years, Canada's controversial Immigrant Investor Programme (IIP) attracted an influx of foreign investors to the city, the vast majority from mainland China. The so-called cash-for-citizenship program was scrapped earlier this year, but

the impact on the local economy could be long-lasting. Wealthy migrants have injected money into the local economy, but they've also helped drive up housing prices in the Lower Mainland region and made the area one of the most expensive real estate markets in the country, according to a recent Report on Business article entitled Vancouver's real estate boom: The rising price of "heaven." Vancouver is now the second-least affordable city in the world, according to a 2014 report from U.S. think tank Demographia, which some say is directly linked to the influx of wealthy immigrants. But you'd never glean that from watching highly fabricated shows such as Real Housewives and Ultra Rich Asian Girls, which focus instead on product placement for luxury wristwatches and inciting petty drama between the stars.

The upcoming web series has yet to debut, but will likely fizzle out. After all, how many hours can anyone spend watching young women flaunt their family money and cry over bad hair extensions? While it might be a fun escape to watch spoiled pretty young things burn through their fortunes, for most us, this is the furthest you could possibly get from reality.

Metro Bitstrips caption contest Today's winner: Shannon McParlane



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You'll never believe what happens next in this video about something or other



ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen, we know the whole "the less we tell you about it, the better" is a hackneyed way to introduce things — but it's the only proper way for this video. Here are the basics, though: It's an 11-second display of highly honed marksmanship. Maybe. (YouTube/umair kahn)



Twitter

@metropicks asked: A family abandoned its new home after finding out it was infested with thousands of venomous spiders. What's the worst surprise you ever found in a purchase?

@speirs: Purchased a home, found a momentary sense of self-worth, and... rodents aka FREE pets! Yay!!!

@AbeOudshoorn: The drop ceiling in our basement being full of used needles and other drug paraphernalia was...unfortunate.

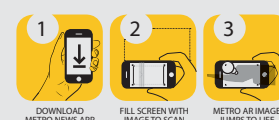


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In this issue, you can find AR enhancements on page 17 in Scene, page 26 in Life and page 28 in Sports.

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2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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Game's up! It's not just play

Avatar Secrets.

A video game may be an unlikely place to uncover who you are, but that is where interactive producer Ramona Pringle began to change her life

Moving back to Toronto from New York to care for her ailing mother, and breaking up with her boyfriend, Pringle discovered the world of MMOGs (massively multiplayer online games). She created her own avatar, Tristanova, and through her online play made discoveries about the real world. With Avatar Secrets, a 10-episode documentary commissioned by TVO, Pringle tells her story, examining the online and real worlds and what she learned in both about love, life and relationships.

Over the next 10 days, we will be posting a daily chapter from Avatar Secrets online at metronews.ca/avatarssecrets. To get things started, we asked celebrated Canadian author Douglas Coupland to virtually interview Ramona about the project.



Obviously people are going to wonder how much of this is your own life. Which parts are the most — and which parts are the least — like your own life? It's an interesting question. One of the big themes I was exploring is: what is real in our increasingly digitized, virtual, networked lives?

There are some moments from my experience in the game that are particularly poignant for me. When I signed up to play the game, I

chose to be a healer, because I'm not interested in violent video games ... but for my first quest in the game, I had to hunt, and it was shocking to me how visceral the experience was, and the discovery of just how real those emotions could be. There's a sequence early on where I realize I've been running in circles, for hours, and that frustration of feeling like it was "just a game" and not realizing the complexity of what I'd gotten myself into, is a very real moment.

The animation's terrific. Is that you?

It's me! We have this small amazing team that I think more closely resembles a band than a standard animation pipeline. Everyone is working in unison, and there isn't a single frame that everyone from our team hasn't influenced. Maybe what's most unique about this project is that it's not just me. My mom, Michaela Jordana, who is in the story, is also the project's creative director and brought to Avatar Secrets a wealth of experience as a fine artist, and a commitment to infusing this project with wonder. Olney, the animator, is one of my very best friends, and is also in the story. Mike, the illustrator, is in one of the scenes if you look closely!

Developing any app is usually very expensive. Did you have to overcome financial obstacles in the making of the project?

We are very fortunate to have support from a number of sources including TVO, our broadcast partner, and Ryerson University, where I am a professor. For the creative team, this was a labour of love. From the beginning, everyone got involved because it was more than just a job: the story is timely, the issues are relevant to our lives, and the whole team really believes in innovation, in doing something new and pushing the boundaries.



Ramona Pringle explores what online play taught her about the real world in the 10-part documentary Avatar Secrets. Scan this image with your Metro News app for a video of Pringle talking more about the series and why she hopes you enjoy it. CONTRIBUTED



Episode One: Change

Hesitant at first about what she is getting into, Ramona creates her avatar, Tristanova — a healer — and soon discovers Avatar Secret number one. "The divide that we draw between the virtual and the real is illusory," says Jessica Hammer, a researcher at Columbia University. Scan this photo for a video of Hammer talking about digital games and why they seem strange to us. COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Games! Which ones do you play and which ones have a soft spot in your heart?

Avatar Secrets is based on my experience as a "noob" — an uninitiated player — in World of Warcraft. But the truth is, I entered into that game world with one foot in

and one foot out. As much as I was playing to win, I was there as an explorer, a virtual tourist, a researcher.

I have tons of games installed on my phone — more casual games that don't require a year to complete and take over your life! — and I

Watch the series

Visit metronews.ca/avatarssecrets over the next few days as we post daily chapters from Avatar Secrets.

- Collector cards. You can also download 10 collector cards from the series.

still love classic board games and card games. Games — or rather play — have a new relevance and centrality to culture that they haven't had in the past.

Your project looks like it could be very addictive. Where do you see it going in the future, a few years down the line, say?

Avatar Secrets has been designed with layers of content, so that you can come back to it repeatedly. There's the main storyline, but then there is a ton of expert commentary and extra content. ... there are multiple entry points. One person might choose to engage with the project chapter by chapter and explore all of the content. Another might choose to view the whole project in "movie mode," and then return to the experience and dig into the expert interviews and commentary.

As for what's next ... We are premiering in Canada, and will be launching in the U.S. and internationally. We're launching as an interactive documentary for the iPad, but we have plans to version the project for other platforms — from Android to television.

I created this avatar, Tristanova, at the beginning of this crazy, incredible journey, and in the process, as much as she was me, she took on a life of her own. When I finished my journey, I logged out of the game world. But she still exists, waiting online for our next adventure.

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Two new dragons enter the den

Entrepreneurial spirits. Finance wizard and celebrity chef sign up for a bit of prime time fire-throwing

Bay Street financier Michael Wekerle, billed as “Mick Jagger meets Warren Buffet,” and Vancouver restaurateur Vikram Vij are the newest additions to CBC’s *Dragons’ Den*.

Returning for a ninth season Wednesday, the newbies join Jim Treliving, Arlene Dickinson and David Chilton to judge Canadians’ business ideas and dole out cash to those deemed worthy.

Wekerle has a reputation for being a rock star in bankers’ clothing, known for his wild lifestyle as much as his business acumen. But he said he brings a sense of humanity to the show.

“I believe in certain core values and I’m glad to say that all the Dragons ... I find,



Financier Michael Wekerle is one of the new judges on *Dragon’s Den*. KEITH BEATY/TORSTAR NEWS SERVICE

are very, very strong and ethical people,” he said. “Respect, loyalty, generosity, honesty, reciprocity and the best word, empathy — those are the words that I live my life by.”

He said he proved his tal-

ents on the Toronto Stock Exchange trading room floor at age 18. He went on to make fortunes investing in media and tech companies, including BlackBerry maker Research In Motion. Dubbed “The Oracle

of Bay Street” by Toronto Life magazine, Wekerle now oversees a vast investment portfolio and most recently founded the merchant banking firm Difference Capital.

Chilton said that Wekerle

Quoted

“We all have a lot of experience in deals, but obviously he has the most.”

Dragons’ Den judge David Chilton on new addition Michael Wekerle

brought a sense of “unpredictability” to the show — in a positive way. He said he looked at deals from a perspective that the other Dragons hadn’t.

“We all have a lot of experience in deals, but obviously he has the most. You’ve probably got the most in the country, in some ways. So I thought there was imagination there and creativity in some of the deal structures that was neat to see. I bet some people at home are going to say, ‘Wow, never seen that in the previous eight years,’” he said.

Vij, meanwhile, is well-known in Vancouver for his popular Indian fusion restaurants and cookbooks. Born in India, he left home at age 20 to pursue his culinary dreams, eventually opening his first restaurant, Vij’s, in 1994.

“I’ve done it for 20 years now. It’s time for younger

entrepreneurs, younger chefs, to come in and create a newer buzz there. It’s funny because the other day, somebody in the restaurant industry called me a veteran, and I was like, ‘Oh my God, just 20 years ago, I was called a newbie.’ So it felt kind of good,” he said.

Vij has previously appeared as a judge on CBC’s *Recipes to Riches* and Food Network’s *Top Chef Canada* and *Chopped Canada*. He said he brings a few new elements to the table.

“One is that immigrant attitude of saying, ‘Here I am, studied in Europe, I came here, through sheer hard work and honesty, we managed to get to this point, to the finish line.’

“I think (I represent) a sector of the industry that has never been represented as often on the panel, a restaurant industry,” he said.

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Canadian actor is on a roll as evil genius in The Flash

Dark turn. Ottawa-born Tom Cavanagh shows his sinister side in popular new superhero series

It's only when you sit down to transcribe an interview with Tom Cavanagh that it makes sense why he's part of The Flash. The man talks faster than the average human being.

The comic-book-inspired superhero series bowed to great numbers Oct. 7, both in Canada on CTV and in the U.S. on the CW. Critical reviews have been positive, too.

It's a promising start for the series and for Cavanagh, an Ottawa native who has enjoyed a steady career in television despite never really being part of a hit show.

The Queen's University grad spent four seasons as the star of Ed, a sweet little comedy co-starring Modern Family actress Julie Bowen that ran from 2000 to 2004. Other U.S. network attempts included Love Monkey, a 2006 CBS music business-based sitcom co-starring fellow Canadian Jason Priestley that barely got sampled. He teamed with another Canuck, Eric McCormack, for Trust Me, a 2009 ad-industry effort airing on a U.S. cable channel. In between were several guest-starring stints on Scrubs as well as holiday-themed TV movies.



Tom Cavanagh, right, plays Dr. Harrison Wells in The Flash. CTV

The Flash gives Cavanagh a chance to show a sinister side and play someone a little less charming than his usual on-screen persona. His character, Dr. Harrison Wells, is the evil genius behind S.T.A.R. Labs Particle Accelerator.

An accident at the labs causes a thunderstorm, which causes a chemical explosion. Young Barry Allen (Grant Gustin) is knocked unconscious in the blast but awakes to find he somehow has superhuman speed. Candice Patton, Danielle Panabaker, Rick Cosnett and Carlos Valdes also star in the

series, which is produced in Vancouver.

Cavanagh says he was gobsmacked by all the explosive storylines in the scripts. He says, when viewers see what's in store for the first nine episodes, they'll be amazed.

"Every episode is like a season ender. I think the feeling is we have an opportunity here, let's go for it."

Wells is confined to a wheelchair — not the first time Cavanagh has acted sitting down. "I did a movie called Sublime — it's like an indie filler — where I was missing a leg." He

Quoted

"Every episode is like a season ender. I think the feeling is we have an opportunity here, let's go for it."

Actor Tom Cavanagh, on his fast-paced new action series, The Flash

had to hide one leg throughout the movie and says the process was really arduous. "It hurt, you know?" So he had some reservations about playing Wells.

Those fears disappeared once he got a look at the sweet wheels the producers cooked up for his character.

"They come in with this plush, top-of-the-line, five-speed automated thing," he says. "This is luxury!"

Cavanagh, who turns 51 later this month, has been married for 10 years. The couple have a daughter and two sons, but that's as much as you'll learn about them from him. "I don't talk about my family," he politely but firmly tells a reporter.

Still, he must be the Cool Dad to be teamed with The Flash, I suggest.

"I don't think you want to have a cool factor, you know what I mean?" he says.

It's important for Cavanagh that his children can separate the job from the parent. "It's just healthier, you know?"

THE CANADIAN PRESS

DVD review



X-Men: Days of Future Past

Director. Bryan Singer

Stars. Hugh Jackman, James McAvoy, Michael Fassbender, Jennifer Lawrence

The title sounds like some kind of unholy alliance between the X-Men and the Moody Blues (it's not), but there is a mash-up going on.

Director Bryan Singer returns after more than a decade to the Marvel Comics superhero film franchise he unleashed in 2000 and skilfully pulls together the many threads of story and characters that had almost unravelled over the past 14 years. He does it with a time-travel plot that's more than a nod to the Terminator series:

A mutant from the present has to go back to 1973 to stop humans from devising a killer robot that will destroy the future for the X-Men.

The rehashed premise works, mainly because it streamlines a cast that had seriously bloated in 2011's X-Men: First Class.

Old claw Wolverine (Hugh Jackman) is the designated time traveller, who must convince younger versions of Prof. Charles Xavier (James McAvoy) and his frenemy Magneto (Michael Fassbender) that they need to work together. They have to stop the clanking Sentinel creations of Dr. Bolivar Trask (Peter Dinklage), who is out to persuade President Richard Nixon (Canada's Mark Camacho) that mutants are a bigger threat than Watergate. The real wrench, though, is blue-hued chameleon Mystique (Jennifer Lawrence), who has plans of her own.

The sometimes unwieldy and even farcical plot frequently threatens to get out of control, but Singer's firm hand and a cast of top-notch actors keeps the "super" in this superhero saga.

PETER HOWELL



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OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Cannon erases his traces of Mariah



STARGAZING
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Nick Cannon covers up his "Mariah" back tattoo with a hideous crucifixion/angel-wing mash-up. It symbolizes his religious faith and new beginnings and also serves as a constant reminder that tattooing someone's name across your back in massive letters is a sure way to end up with a hideous crucifixion/angel-wing mash-up.

This Week in Braids: 1) Willie Nelson's braids sold



for \$37,000 at auction. 2) One Direction's Harry Styles has started French-braiding his hair. 3) Swedish TV elim-

inates some very offensive language before rerunning the iconic Pippi Longstocking series.

It sounded like Mariah Carey was very angry when, while performing live in Japan, she changed the lyrics to an old song and sang "I know you cheated mother-bleeper." "Whatever," said Nick Cannon, "Angel-wing-Jesus-terror will protect me."

This Week in Television Announcements: 1) Everyone gets really excited when it's announced that Twin Peaks is returning. 2) John Cusack and Cameron Crowe get really upset when NBC announces a Say Anything TV show. 3) No one realizes Dallas is still on when it's announced the show has been cancelled.



Amanda Bynes

ALL PHOTOS: GETTY IMAGES

Bynes back in L.A. for help

Amanda Bynes is back on the west coast and back in treatment. According to TMZ, the former All That star returned to L.A. over the weekend and has been admitted to the Las Encinas mental health facility in Pasadena. "Amanda agreed to come back to Los Angeles," a source says. It is expected that her parents will return to court this week to request a reinstatement of their conservatorship, which expired in August.

Paltrow prickly over presidential party planning



Gwyneth Paltrow

In L.A., the telltale sign of a President Obama fundraising visit has always been Roland Emmerich movie-level terrible traffic, but now we have another one: Gwyneth Paltrow smoking. The Goop guru hosted a DNC fundraiser at her Brentwood home last week, and apparently "was extremely unpleasant all day," a miffed staffer tells Radar Online. "She kept saying that she was pissed off because everything was running behind schedule. At around 10 a.m., she started drinking wine and she was smoking cigarettes all day," the — just guessing here — former catering employee says, adding that any Paltrow run-ins only

happened early in the day, before staff were instructed to steer clear. "She was walking around on her phone and talking really loud to friends, letting everyone know that the president was coming to her house, as if everyone didn't know already." This never would've happened at a Martha Stewart-hosted fundraiser.



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Health care's digital evolution

Trends. These are five ways in which the face of medicine may change in the future

EVA
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Metro in New York City

The field of medicine is beginning to resemble Silicon Valley, says Unity Stokes, president of StartUp Health — an organization that provides coaching to startup health entrepreneurs.

"We believe that it's going to be the entrepreneurs, innovators, the doctopreneurs that are going to reinvent health care," he says.

Driving the rise of small companies in the medical field is the end of one-size-fits-all treatments.

"I think for many years, people have been binned into broad categories," says Stokes. "But now, new technologies are enabling us to really be treated as individuals, to understand your health on a personal level."

Digital assistants — apps, wearable gadgets and smart devices such as Vessyl — are loaded with more and more personal data, quantifying steps, heart rate and hours slept.

These technologies are giving people a more complete picture of their well-being — and changing doctors' role. Stokes gives us a preview of the trends in health care.

At-home diagnostics

"I think our concept of what a hospital is will completely change over the coming decade. You'll start to see a lot more care being done in your



As health care goes digital, it may become possible to do an ultrasound from the comfort of your own home. ISTOCK

home. Imagine being able to do an ultrasound from your iPhone or your tablet right from the comfort of your own home, and then beam that image to your doctor," Stokes says, adding that accessing your health information should be as easy as getting a car with Uber.

Truly preventive medicine

"We're seeing the cost for consumer genomics come down," says Stokes.

Hundreds of medical issues have been tied to genetic abnormalities, and being able to understand your

DNA and how it may impact the conditions you're at risk of developing can shape your behaviour, including whether you should seek testing sooner than the recommended age.

Looking inside for answers

Besides genome mapping, another important area of focus will be to decipher our personal microbiomes to "understand what's going on in the ecosystem inside of you," says Stokes.

Gut bacteria, whether they're absent or the wrong strain, have been tied to

health issues including mood disorders and obesity. Scientists are looking at how food and sleep influence these colonies and the extent of their health effects.

Wearables are just the start

Health reflects lifestyle, and objective data on nutrition, sleep and exercise is crucial for an accurate profile.

"We're going to start to see health and wellness being integrated into every aspect of our lives, oftentimes in invisible ways, whether that's designed into your refrigerator, your car seat or

your phone," says Stokes.

Better habits by design

Innovation is not always about making something new but rethinking what we're already using.

"(Engineers) can start with simple design: How is a refrigerator designed to make sure you eat the healthiest foods first? And then you can do all sorts of high-tech things: Put sensors in there to track what you're eating and how frequently, and correlate that with how you're feeling and how you're sleeping every day."

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Planning to retire, one step at a time

Four stages. Easing your way out of the workforce makes it easier to adapt to living on a reduced and fixed income



GAIL VAZ-OXLAIDE
Gail blogs daily at gailvazoxlaide.com

Have you seen the Lord of the Rings movies? The Hobbits eat many meals a day: breakfast, second breakfast, elevenses, luncheon, afternoon tea, dinner and supper.

I see retirement a little like the Hobbits see their meals — there are multiple stages and, if you don't plan for them, you won't be as happy as if you did.

First Retirement is when you leave the job you've been dying to leave so you can do what you really, really want.

For many people, the idea of taking off one worker-hat and putting on another is as good as retirement. Having locked in your pension or paid off your house, you're ready for a new adventure.

The key to being prepared for First Retirement is to have a plan to deal with the reduction in income most people will experience as they wave goodbye to that regular paycheck.

Make a new budget that fits your smaller income and look at the must-haves and nice-to-haves with a cold, rational eye. Having all your consumer debt paid off and being mortgage-free will go a long way to making your first stage of retirement fun instead of stressful.

Second Retirement or semi-retirement holds a lot of hope for some. Being able to cut back on their work hours, take jobs where they can work-share, or switch to part-time hours means having more time for family, friends and themselves.

It usually means less money, too, and it's the stage at which you'd be wise to practise living



Even a small part-time job can stretch a retirement budget. Earning as little as \$200 or \$300 extra a month can make all the difference. iStock

as if you're fully retired. The more used you are to living on your fixed income, the better the next stage will be.

If retirement came as a surprise — you were laid off before you planned to leave work or you became ill and had to cut back — know that even a small part-time job can stretch a retirement budget. Earning as little as \$200 or \$300 extra a month can make all the difference in the world.

Third Retirement is your first stab at full retirement.

Now you're not working at all. You've got your pension, some savings, and lots of time on your hands. You're still relatively healthy and active.

If you're smart, you used your second retirement to practise what you'd do at this stage and you're ready for all that extra time. You've also had some practice economizing. Stuff's not as important, but travel may be, as you seek to connect with friends and family.

You'll also want to start thinking about things such as

long-term care and retirement residences for the next stage. Are you going to stay in your home or will you downsize to get your hands on some of that equity you've built up?

Have you reviewed your investments to make sure you're comfortable with the level of risk to which you're exposed?

Have you updated your will and powers of attorney? The devil is in the details and it's time to deal with them now.

Fourth Retirement is when you move from your go-go stage to your slow-go stage. Less able to get around, you're less active but more worried about your health and money.

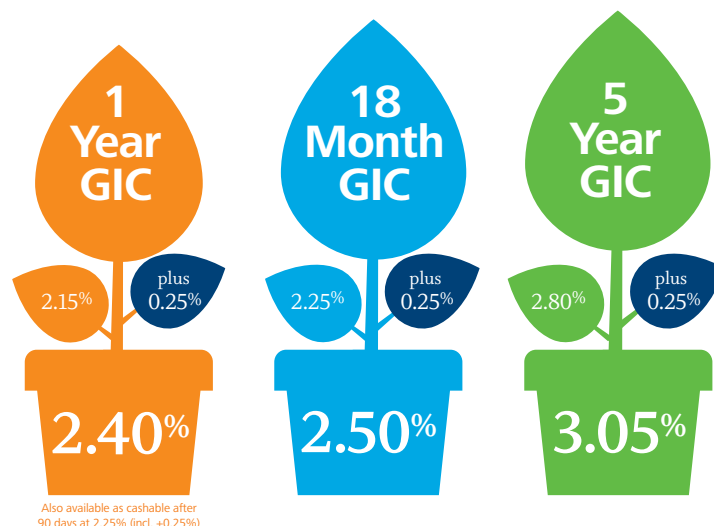
Hopefully, in Third Retirement, you put the pieces in place to be sure you had the help you need with your medical care and dealing with financial issues. It takes a bit of planning if you want the final phase to be comfortable.

In my neighbourhood, there are folks who have been living on the same street for 20 years, through their Third Retirement. They have all signed up for the same retirement residence. They plan to take their neighbourhood with them to their Fourth Retirement. Smart!

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Frodo-inspired financial planning

I see retirement a little like the Hobbits see their meals — there are multiple stages and, if you don't plan for them, you won't be as happy as if you did.

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Health Solutions

There is no one-size-fits-all potato

NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Potatoes get a raw deal. They are a delicious and nourishing vegetable, and yet they get lumped in with all the "bad carbs."

Loaded with potassium and fibre, among other key stress-fighting nutrients, they also contain lysine, which is an important amino acid missing from many grains — and therefore missing from some vegetarian diets.

Different potato varieties behave differently with each cooking method, so I went to the expert, Trevor Downey, a fourth-generation potato farmer from Ontario and the president of Downey Farms and Bistro Fresh, to find out what's what.

"Methods of cooking make

proteins and starches behave differently; some need dry heat, others water," he says. "Some are made to fall apart into a creamy mash, others you want to hold together in a pot of water. The right potato looks lovely and has just the right push back against the fork when roasted in the oven."

Here is your cheat sheet:

- Yukon Gold is best for mashing.
- Small red potatoes are excellent for roasting.
- Russet potatoes are the only answer for baking.
- White potatoes are the most firm for boiling.

Using the right potato for the right job makes your job easier. There is no one-size-fits-all potato, but they all have more potassium and much less sugar than that banana you keep hearing about. No need to be afraid of potatoes anymore.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE

NUTRITIONIST IN TORONTO.

SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



You say potato, we say stuff it with a hearty filling, please

Chili Stuffed Baked Russet Potato. As the temperatures begin to dip a little bit, warm up with this filling dish

THERESA ALBERT
myfriendinfood.com

Nothing says hearty fall meal like baked potatoes and chili. This version is lean, filling and perfect for a weeknight meal.

Both parts can be made ahead and stored in the fridge for up to five days, which makes it perfect for doubling and therefore making it your "eat in front of the game" meal. A simple microwave warming and mixing together is all you will need ... plus a cold beer.

1. Scrub potatoes and poke with a knife in four places.

Ingredients

- 4 small russet potatoes
- 1 tsp extra virgin olive oil
- 1 onion, chopped
- 1/2 lb ground turkey
- 1 tbsp chili powder
- 1 teaspoon cumin
- 2 cups tomato sauce
- 1 can kidney beans, drained
- 4 oz blue cheese, crumbled

FLASH FOOD



From your fridge
to your table in
30 minutes or less

2. Place on tin foil-lined baking sheet and then place into a 400 F oven for 30 minutes. (If the potatoes are larger, you may need to cook them longer.)

3. In pot, brown onion in oil and stir in ground turkey. Cook 10 minutes, stir in chili powder,



This recipe takes about 30 minutes to make and serves four. Scan this picture using your Metro News app to see a video of Theresa learning all about the wide range of potatoes. THERESA ALBERT

cumin and tomato sauce. Cover and cook chili 10 minutes and then stir in kidney beans.

4. When potatoes soft, take out of the oven and allow to cool slightly then cut a crosswise slit

in the centre of each one and squeeze the sides. Top each potato with chili and blue cheese. Serve with a salad.

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NHL

Karlsson leads Ducks past Sabres

Rookie William Karlsson scored the first two goals of his career in leading the Anaheim Ducks to a 5-1 victory over the winless Buffalo Sabres on Monday afternoon.

Ryan Kesler scored on a third-period penalty shot and Corey Perry and Matt Beleskey had a goal each during a one-sided game in which Anaheim outshot the Sabres 44-12.

The Ducks (2-1) were so dominant — and Sabres so inept — that Anaheim was outshooting Buffalo 40-10 when Kesler beat goalie Michal Neuvirth with a low shot inside the left post with 7:35 remaining.

THE ASSOCIATED PRESS

WHL

Jarry saves 26 as Oil Kings beat Wheat Kings

Cole Benson had a pair of goals and Tristan Jarry made 26 saves as the Edmonton Oil Kings beat the Brandon Wheat Kings 5-2 on Monday in Western Hockey League action.

Mads Eller scored once and set up two more for the Oil Kings (4-3-0) while Edgars Kulda and Andrew Koep added a goal apiece.

Rihards Bukarts scored once for the Wheat Kings (6-2-1) and also set up Eric Roy's goal. Peter Queneville tacked on two assists.

Brandon's Jordan Papirny saved 27 of 31 shots.

Edmonton went 0-for-6 on the power play while the Wheat Kings scored twice on six chances with the man advantage.

THE ASSOCIATED PRESS



Lightning strike seven times vs. Habs

The Tampa Bay Lightning's Steven Stamkos celebrates after scoring one of his three goals in Tampa, Fla., on Monday night.

The Lightning routed the Habs 7-1. Montreal Canadiens goalie Carey Price, left, was pulled after allowing four goals on 23 shots through two periods.

The Lightning's Victor Hedman had a career-high four points while Brendan Gallagher scored the Canadiens' only goal in the first game of their season-opening road trip. Stamkos has now tied Martin St. Louis for Tampa Bay's record with eight career hat tricks.

MIKE CARLSON/THE ASSOCIATED PRESS

Briere's 300th saves Avs in final second

NHL. After opening with two-straight shutout losses, Colorado gets on the board in Boston

The Colorado Avalanche haven't shown much scoring prowess so far.

That didn't matter after Daniel Briere beat the clock for their first win of the season.

Briere scored off a rebound with less than a second left in the third period to lift the Avalanche to a 2-1 win over the Boston Bruins on Monday

On Monday	
2	1
Avalanche	Bruins

afternoon in a matchup of two teams struggling offensively.

"Hopefully there are many more to come, but it's certainly a good feeling to find a loose puck like that late in the game and get a big win especially after the start that we had," Briere said. "It's been a

little bit of a roller coaster to start the season, but we are hoping this game will get us on our way."

It was Briere's 300th career goal.

Jamie McGinn also scored for the Avs, who had opened the season with two shutout losses. Backup goaltender Reto Berra made 27 saves in his first start of the season.

The game appeared to be heading to overtime when Boston goaltender Niklas Svedberg made a pair of stops in the closing minute.

Briere, at the edge of the crease, fired the puck over the sprawling goalie just before time expired after Jan

Hejda's shot from the point. The clock read 0.0, but replays showed the puck crossed the goal line before time expired.

Loui Eriksson had a power-play goal for the Bruins, who have scored just two goals during a three-game losing streak.

Backup Svedberg played his first game of the season and made 28 saves.

"I don't think we've given up a ton of scoring chances, but when we do it ends up in the back of the net," Boston coach Claude Julien said. "On the last goal there's not much time left and you can't lose track of the guy behind you."

THE ASSOCIATED PRESS

4 SPORTS

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Cards' Molina might miss Game 3 of NLCS

MLB playoffs.

Catcher suffering from strained oblique muscle; Pierzynski likely to be behind plate Tuesday

The St. Louis Cardinals arrived in the Bay Area ballpark they know so well in October and began preparing for the possibility of facing the Giants without star catcher Yadier Molina.

"Another beautiful day in NorCal!" reliever Randy Choate shouted as he hopped up the dugout steps and onto the field for Monday's workout.

"Shocker!" bench coach Mike Aldrete hollered in response.

Manager Mike Matheny is encouraged Molina might be able to help St. Louis as soon as Tuesday in Game 3, perhaps



The Cardinals' Yadier Molina is tended to by trainer Greg Hauck during Game 2 of the NLCS against the Giants on Sunday. JAMIE SQUIRE/GETTY IMAGES

initially just off the bench as he recovers from a strained left oblique muscle sustained in Sunday's 5-4 victory at Busch Stadium. Playing at all appeared doubtful only a night earlier, then Molina played catch under cloudless skies at AT&T Park and gave Matheny hope.

"A little better than what I expected," Molina said afterward. "When I woke up, I was moving all right. We'll see. I'm going to try."

A.J. Pierzynski is the likely choice to catch former Boston teammate John Lackey in Game 3, and deemed himself

ALCS update

Game 3 of the AL Championship Series was postponed because of rain. The game was pushed back from Monday to Tuesday at 8:07 p.m. EDT.

- Kansas City leads Baltimore 2-0 in the best-of-seven series.

ready. The best-of-seven series is tied 1-1.

Molina flew on the team charter on Sunday night after having an MRI. Once the Cardinals arrived at the ballpark on Monday, Molina met with team doctors and medical staff in the training room of the visitors' clubhouse.

Matheny carried three catchers and has Tony Cruz and Pierzynski to fill the big void.

THE ASSOCIATED PRESS



No. 13 was no bad luck here

CFL legend Anthony Calvillo poses as he was being honoured before the Alouettes' game against the Riders in Montreal, Monday. Scan the image with your Metro News app for a roundup of the weekend's CFL action. GRAHAM HUGHES/THE CANADIAN PRESS

Edmonton into playoffs

Reilly and Eskimos run wild over Blue Bombers

Mike Reilly ran in a pair of quarterback keepers as the Edmonton Eskimos secured a playoff spot, destroying

the Winnipeg Blue Bombers 41-9 on Monday.

With the win, the Eskimos improved to 10-5, the 38th 10-plus win season in franchise history.

The Bombers lost their sixth straight and seventh of their last eight games to fall to 6-9 after a 5-1 start to the season. THE CANADIAN PRESS

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Some people will seem more demanding than usual over the next 24 hours, but that's okay. You are willing and able to respond to their needs and that will help your reputation.

Taurus

April 21 - May 21

A number of serious matters will have to be dealt with later in the week but today you can relax and enjoy the good things in life.

Gemini

May 22 - June 21

Your enthusiasm for a project will reach new heights today but don't just throw yourself at it in one mad rush. A little bit of planning now will lead to huge benefits later.

Cancer

June 22 - July 23

The best way to solve a relationship issue is not to issue ultimatums but to show a genuine interest in why the object of your affection seems so negative at the moment.

Leo

July 24 - Aug. 23

You may still be anxious about certain issues but with Jupiter in your sign linked to values planet Venus today, it will all come good in the end.

Virgo

Aug. 24 - Sept. 23

Refuse to be hurried today. The more others try to move you along, the more you should dig in your heels and demand to know why they are in such a rush.

Libra

Sept. 24 - Oct. 23

Today's Venus-Jupiter link indicates that the setbacks of recent weeks will soon be a thing of the past. This is a time when even small efforts can yield amazing results.

Scorpio

Oct. 24 - Nov. 22

Just over a week from now, a new solar year begins for you, so make sure your head and your heart are in a good place.

Sagittarius

Nov. 23 - Dec. 21

You may have strong opinions about serious issues but you don't have to be aggressive about them. You will accomplish much more if you talk and act nice.

Capricorn

Dec. 22 - Jan. 20

It may be true that much of what you do in life depends on other people, but there are still many things over which you have total control. Be positive and smile often.

Aquarius

Jan. 21 - Feb. 19

You should be wonderfully happy today. This is one of the best times of the year for you but it won't last much longer, so cheer up and love your life.

Pisces

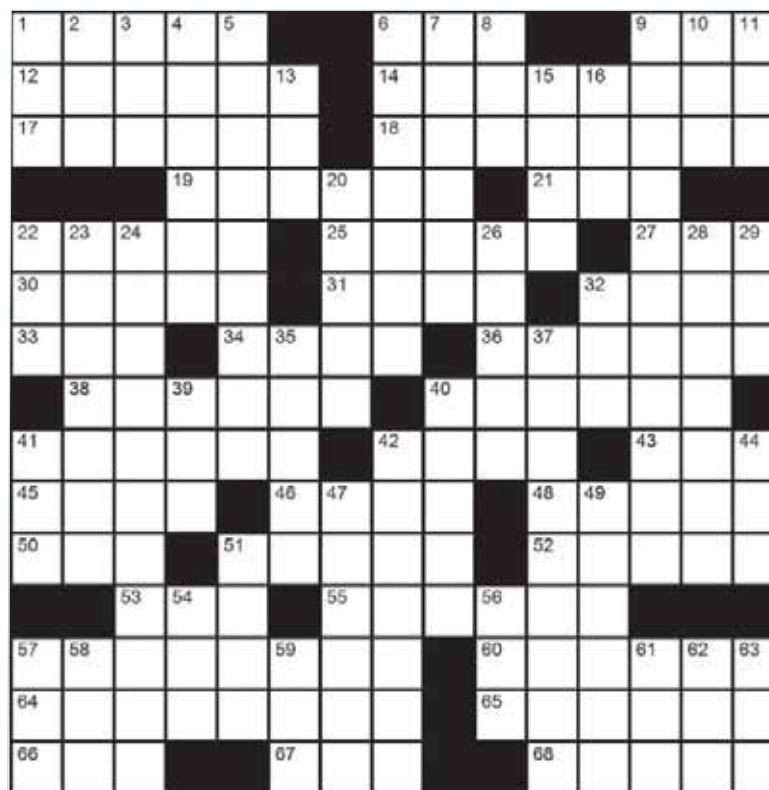
Feb. 20 - March 20

Financial security may be uppermost in your mind but there are other things to consider, such as how much extra work you will have to do for that extra cash you need.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Classical composer, Louis ____
6. Hesitant sounds
9. Literary fairy queen
12. "____ not..." - Hamlet
14. Baker's flaky creation: 2 wds.
17. Montreal retailer since 1866
18. The Band Perry tune that goes "We scratched our names in that oak tree..."
19. Ending
21. Edm. footballer
22. Greyish
25. Alpine dry wind
27. Poke fun
30. Stock
31. L' ____ Verte, Que.
32. Road type
33. Equivalence
34. Desert-like
36. Ms Christie
38. Comedy's Allen
40. Air-passage surgery, briefly
41. Greek Myth: Winds god
42. Actual
43. Auction ware
45. Hip spelling for a hip chick
46. Ms. Brockovich
48. Bandleader Shaw
50. Winding shape
51. Clumsy
52. Hereditary social class
53. US airport screening org.



55. Postulates
57. Wins bigtime
60. Onion choppers
64. "Disco//Very" indie rockers from L.A.
65. Uncommon
66. 1913 song: "Peg _

- Heart"
67. 'Sulf' suffix
68. Pond buildup
- Down
1. Pou ____ (Vantage point)
2. 1990s fad game disc

3. Kimono belt
4. Canadian actress Tricia
5. Calin ____, Air Canada CEO
6. "____ & Personal"
7. 1963 Tommy

- Tucker tune: "____ Sneakers"
8. Splash! ____ lion
9. The government overturned RCMP's decision to wear wool tuques instead of

- these in winter: 2 wds.
10. ____ rule (Most often)
11. Texter's "I meant to mention..."
13. Rembrandt van ____ (Famous Dutch painter, variantly)
15. Hundred: Spanish
16. Clinic pros
20. Beatles: "So I lit ____ / Isn't it good / Norwegian wood."
22. Naja Haje
23. Pros who prep homes for showings
24. American ____: Freak Show, on FX
26. Supremes' "I ____ Symphony"
28. Acquire
29. Maude portrayer
32. Lake: French
35. Iron: German
37. Number Six was #4-Down's role on series Battlestar ____
39. Entire
40. Camp abodes
41. Stone ____
42. Retort
44. Golfing item
47. Atone
49. Prankster
51. Collector's suffix
54. Dinner, informally
56. Egos and ____
57. "The Ring ____"
58. Bash
59. Spy letters
61. Energy unit
62. TV brand
63. Determine

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



What's an 8 letter word that avoids bankruptcy?

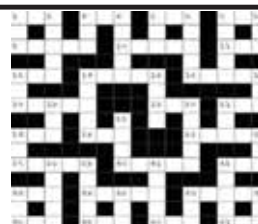
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